

A Volkswalk is designed for fun, fitness, and family. It is a walk along a pre-marked route. It is non-competitive and not timed. An adult must accompany children under 12. Anyone who pays the registration fee and completes the distance will receive the event and distance credit. You may walk for free if no credit or award is desired. All are welcome.

Procedures: Walk, jog, or run at your own pace. All participants must carry a start card for validation at control points. The card is to be turned in upon completion of the walk.

Disclaimer: Participants do so at their own risk. The sponsor will make every reasonable effort to make the events safe and enjoyable for all. However, the sponsors, organizers, and the American Volkssport Association cannot be held responsible for any lost or stolen articles, accidents, or injury of any kind at any time.

Start Location: 4S Ranch Library
10433 Reserve Drive
San Diego, CA 92127

4S Branch Hours						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:30-6	9:30-8	9:30-8	9:30-6	9:30-5	9:30-5	CLOSED

Ask a person behind the main desk for the "Walking Box."

Trail Description: The walk is rated a 1+. It will be on city streets and along dirt trails in the preserve.

Pets are OK on a leash with cleanup.

Strollers and wagons ok. Not suitable for wheelchairs.

We request that you walk from dawn to dusk only.

Host: San Diego County Rockhoppers
For Information call Steve d'Adolf at 858-451-2130 or via email at: sdadolf@san.rr.com

Information on other walks sponsored by the San Diego County Rockhoppers can be found at the club's web site:
www.sandiegorockhoppers.com

Start Card:

There is no pre-registration, and everyone must obtain a start card and pay the appropriate fee if credit is desired. All start cards must be returned at the completion of the event. Upon your return, stamp your books if credit is desired. Remember, only one EVENT CREDIT for the first half year and one event credit for the second half year may be entered in the event book for each event. You may participate for DISTANCE CREDIT without limit.

IVV credit is \$3.00, others free.

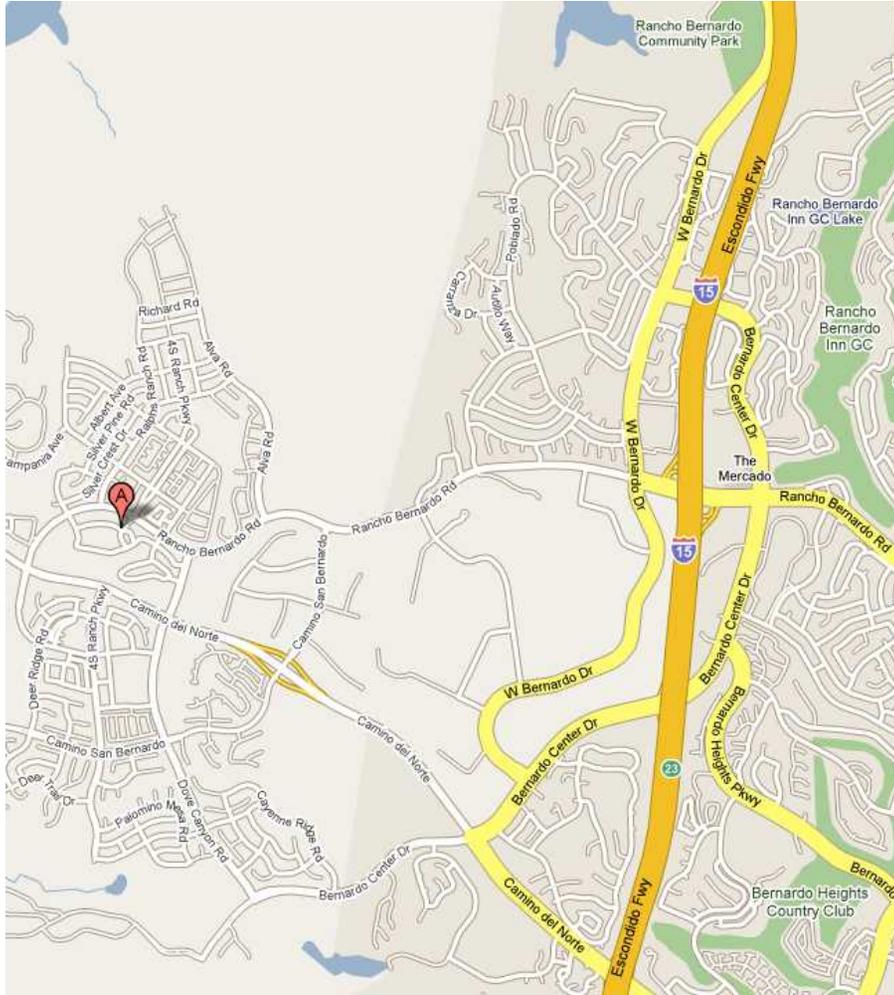
Miscellaneous: There are numerous food places, water, and rest rooms at the start/finish, but **NO RESTROOMS** at all along the route.

Special thanks to the administrative staff of the **4S Ranch Library** for their cooperation in making this year-round walk possible.



Directions:

From I-15 – Exit at Rancho Bernardo Road and head west for 2.1 miles. Turn left on 4S Ranch Parkway into the shopping center. Take the first right on Reserve Drive. The library is on the corner of Reserve Drive and 4S Ranch Parkway.



Year-Round Volkswalk 4S Ranch Library

San Diego, CA

10K (6 miles) & 5K (3 miles)

January 1 to December 31, 2010

Credit Only



Sanction Number PA 65668

San Diego County Rockhoppers

AVA 392, CA 23



**SANCTIONED
EVENT**



*Eligible for credit toward
IUU Achievement Awards*